

BERNARD P. CARVALHO JR.
Mayor



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COUNTY OF KAUAI

OFFICE OF THE MAYOR

News Release

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County Health and Wellness Fair scheduled for September 20

LĪHU'E – The public is invited to attend the County of Kaua'i's Health and Wellness Fair sponsored by Life's Choices Kaua'i with the Office of the Mayor and the Kaua'i Committee on the Status of Women.

The event will be held from 9 a.m. to 2 p.m. on Wednesday, Sept. 20, at the Kaua'i War Memorial Convention Hall and is being held in recognition of National Recovery Month and Women's Health Month.

"Every year, hundreds of people attend our Health and Wellness Fair to learn how to improve their health and well-being," said Life's Choices Kaua'i Coordinator Theresa Koki. "The fair not only gives people access to dozens of organizations aimed at helping them to improve their lives, but it also offers programs that are designed to motivate employees or clients to lead healthier lifestyles and can help to reduce healthcare costs."

Information about services for people of all ages will be available at the fair. Services include health and wellness programs, financial planning, domestic violence and suicide prevention, alcohol and drug prevention, emergency prevention and preparedness and more.

In addition, there will be free blood pressure screenings, hands-on CPR demonstrations, and flu shots will also be administered.

For more information about the fair, please contact the Life's Choices Kaua'i Office at 241-4925 or via email at tkoki@kauai.gov.

If you need an ASL interpreter, materials in an alternate format, or other auxiliary aid support, please contact Koki at the phone number or email listed above.

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